



THE 4 P-BULLIES AT-A-GLANCE

by Kathi Lipp & Cheri Gregory

PERFECTIONISM

"I'm always trying harder to look good enough."

IS NOT:

- conscientiousness
- becoming more like Christ
- a commitment to excellence

IS:

- the demand for flawless performance at all times
- straining to be ideal
- relentless criticism of self and others

Ask yourself:

"Am I obsessed with getting certain results?"

Perfectionism whispers:

"That's not good enough! Try harder!"

Personality* most prone to Perfectionism:
the Analytic

Tiny Acts of Rebellion against the Perfectionism bully:

1. I will thank someone for doing something I don't want to do, so I'll get in the habit of noticing and appreciating others' gifts.
2. I will take a class in something I've always wanted to try, but probably wouldn't be good at, (art, writing, pottery).
3. I'll create a sign that says "Mistakes are good. Struggle makes you smarter." and put it somewhere I'll see it often.

PEOPLE-PLEASING

"I'm always trying harder to seem nice enough."

IS NOT:

- love
- care
- service

IS:

- feeling trapped by others' needs
- basing self-worth on others' reactions
- avoiding conflict and keeping silent about one's own needs, wants, and opinions

Ask yourself:

"Am I obsessed with getting certain reactions?"

People-Pleasing whispers:

"They don't look happy yet! Try harder!"

Personality* most prone to People-Pleasing:
the Expressive

Tiny Acts of Rebellion against the People-Pleasing bully:

1. I will practice saying "no" in a polite, pleasant tone of voice until it becomes comfortable and natural.
2. I will resist the urge to "smooth over" an argument between my kids.
3. I will tell my friend where I'd like to meet for lunch instead of saying, "Wherever you want to go is fine with me."

PERFORMANCISM

"I'm always trying harder to be seen doing enough."

IS NOT:

- a strong work ethic
- mastery of a skill
- using the talents God has given

IS:

- an insatiable craving for achievement
- escape from the truth of our lives
- an obsessive need to stay busy

Ask Yourself:

"Am I focusing so much on this project that I'm neglecting key people in my life?"

Performancism whispers:

"Keep working. There's lots more to do!"

Personality* most prone to Performancism:
the Driver

Tiny Acts of Rebellion against the Performancism bully:

1. I will get a timer specifically for timing "enough."
2. I will multi-task with tasks but not people.
3. I will post a sign that says, "The process is the point!" on my mirror.

PROCRASTINATION

"I know I'm not enough, so why try?"

IS NOT:

- reflective thinking
- ignorance
- steady, methodical progress

IS:

- avoidance of pain
- refusal to risk
- motivation by fear (rather than love)

Ask yourself:

"Am I so worried about the end product that I'm neglecting the process?"

Procrastination whispers:

"Of course you'll do this; just not today!"

Personality* most prone to Procrastination:
the Amiable

Tiny Acts of Rebellion against the Procrastination bully:

1. I will take care of my future self by not waiting until the last minute.
2. I will block off time on my calendar early and often for big projects.
3. I will ask someone for help when I'm falling behind in a project.